

NORRIS DAM CHALLENGE 12K

Saturday, January 17, 2009

Part of the 30th Annual Tennessee State Park Running Tour

NORRIS DAM STATE PARK, Lake City, TN. Park info 865-426-7461.

Directions: From Knoxville take I-75 to exit 128. Turn right onto Hwy 441 to Park entrance (3 Mi).

Start and Finish at the Park Office. Race starts at 11:00 A.M. Eastern Standard Time.

Course: 12K (7.4 miles) out and back course. Major hills at miles 1, 3 and 5 to 6.

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Contest for Best Dam Crock Pot Chili. Contact Scott Taylor at sdtaylor@epivox.com.

Awards: Special awards to top male and female open, masters (40+) and grandmasters (50+). Five-year age groups with top 3 awards in each category from under 20 to 60+.

Pre-registration deadline: January 10, 2009. Race day registration from 10:00 to 11:00 AM.

Race Director: Tracy Paul (865) 220-8876. Email: tracy@paul5.com

Entry Fee: \$18.00 with or \$5.00 without shirt. Payable to Oak Ridge Track Club. Race day without shirt \$12.00.

Mail registration to: **Norris Dam 12K**
107 Hollbrook Lane
Oak Ridge, TN 37830

[Link to Registration Forms](#)